



Breakfast Parfait

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

3 Cups chopped apple or other fruit
(fresh, canned or frozen)
2 Cups low fat yogurt, plain or vanilla
1 ½ cups low fat granola or your favorite
whole grain cereal

Fruit ideas: Apple, banana, or fresh,
canned or frozen peaches, pineapple,
strawberries, etc.

Cereal ideas: low fat granola or whole
grain cereal with flakes and clusters.

Instructions

1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite size pieces.
3. Place ½ cup fruit in bottom of cup or bowl.
4. Spoon 1/3 cup yogurt on top of the fruit.
5. Spoon ¼ cup cereal on the top of the yogurt.



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Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	2.5g	4%
Protein	6g	
Carbohydrates	34g	11%
Dietary Fiber	3g	12%
Saturated Fat	1g	5%
Sodium	100mg	4%



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